

1 Claim

2 1. A shaped solid food product incorporating an effective amount of maca, the
3 source for the maca comprising dry powdered maca plant.

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5 2. A food product according to claim 1 wherein the food product is a cooked food
6 product and the dry powdered maca is cooked in the food product.

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8 ~~3. A method of marketing a nutritional supplement comprising offering for sale~~
9 ~~packages of dried maca, each package containing at least 10 gm maca, optionally~~
10 ~~from about 50 to about 2,000 gm maca; and instructing consumers to ingest at least~~
11 ~~2, preferably 5 and more preferably 20 grams of maca per day.~~

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13 4. A method according to claim 3 comprising instructing the addition of powdered
14 maca to solid foodstuffs prior to ingestion of the foodstuff.

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16 5. A method according to claim 3 comprising instructing the addition of the maca
17 to a cooked, solid foodstuff, prior to cooking, whereby the maca is cooked with the
18 foodstuff.

19
20 ~~6. A bulk package of dried dispensable, pourable maca powder, or maca powder~~
21 ~~mixture, the package containing at least 10 gm maca, optionally from about 50 to~~
22 ~~about 2,000 gm maca and including instructions to consumers to ingest at least 2,~~
23 ~~preferably 5 and more preferably 20 grams of maca per day.~~

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25 7. A package according to claim 6 comprising a dispensing scoop.

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27 8. A package according to claim 6 wherein the maca powder mixture comprises
28 substantially pure maca powder and a grain or vegetable flour or mixtures thereof.